

ABSTRACT

The present invention provides novel compositions containing calcium and/or other minerals (as single mineral compositions or as multiple mineral compositions), methods for making these compositions, and methods for
5 delivering the compositions. The compositions provide soluble bioavailable calcium and/or other minerals at a high concentration due to the high solubility attained through the processing method contained in this patent. Addition by these methods of other mineral(s) to calcium increases the stability and solubility of the calcium. The compositions of the present invention are
10 powders that can be reconstituted in aqueous solutions. The compositions of the present invention also are very stable, allowing for a long shelf life of the compositions and of foods supplemented with the compositions.